

Crediting Summary Charts for the Child and Adult Care Food Program (CACFP) Adult Meal Patterns

July 1, 2021, through June 30, 2022

CACFP adult day care centers must be able to document the meal pattern contribution of foods and beverages served in CACFP meals and snacks. This publication summarizes the crediting requirements and methods for the five food components of the U.S. Department of Agriculture's (USDA) CACFP adult meal patterns. [Chart 1](#) provides an overview of the crediting requirements for each component. [Charts 2 through 6](#) summarize the specific crediting considerations for each of the five components (milk, meat/meat alternates, vegetables, fruits, and grains).

Crediting Documentation

CACFP adult day care centers must use appropriate crediting methods and maintain the applicable documentation for commercial products and foods made from scratch. Menu planners should follow the guidance below to ensure that CACFP menus comply with the crediting requirements of the [CACFP adult meal patterns](#).

- **Use the Food Buying Guide for Child Nutrition Programs (FBG):** The USDA's [FBG](#) determines food yields and crediting information, and the specific contribution of foods toward the meal pattern requirements. It indicates how many servings a specific quantity of food will provide, what quantity of raw product will provide the amount of ready-to-cook food in a recipe, and how much food to buy to provide a specific meal pattern contribution.
- **Obtain a Child Nutrition (CN) label or product formulation statement (PFS) for all commercial processed products:** CACFP adult day care centers must have a CN label or PFS to document the meal pattern contribution of all commercial processed foods. Commercial processed foods without this documentation cannot credit. For more information, refer to the Connecticut State Department of Education's (CSDE) resources, [Using Child Nutrition \(CN\) Labels in the CACFP](#), [Using Product Formulation Statements in the CACFP](#), and [Accepting Processed Product Documentation in the CACFP](#). Additional resources are available in the "Crediting Commercial Processed Products" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- **Maintain recipes for foods made from scratch:** CACFP adult day care centers must have recipes (preferably standardized) that document the crediting information for all foods made from scratch. Determine the recipe's meal pattern contribution per serving by: 1) using the FBG to determine the weight or volume of each creditable ingredient in the recipe; and 2) dividing the weight or volume of each creditable ingredient by the number of servings. The FBG's [Recipe Analysis Workbook](#) (RAW) allows menu planners to search for creditable ingredients and calculate a recipe's meal pattern contribution. For more information, visit the "Crediting Foods Prepared on Site" of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

Remember to **round down** all crediting amounts for products and recipes to the nearest minimum creditable amount (refer to [chart 1](#)).

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Chart 1 – Overview of Crediting Requirements for the Meal Pattern Components

Criteria	Milk	Meat/Meat Alternates (MMA)	Vegetables	Fruits	Grains
Meal pattern measure	Volume: cups	Weight: ounces	Volume: cups	Volume: cups	Weight: ounce equivalents (oz eq)
Minimum creditable amount	Full serving	¼ ounce	⅛ cup	⅛ cup	¼ oz eq
Crediting methods: <i>Round down all crediting amounts for products and recipes to the nearest minimum creditable amount</i>	Credit based on allowable types (refer to chart 2).	<ul style="list-style-type: none"> No added ingredients: Credit based on <i>cooked weight</i>, e.g., 1 ounce of cooked lean meat credits as 1 ounce of MMA. Use the FBG for to determine cooked yields or edible portions. Processed foods (contain added ingredients): Credit based on the amount specified in the CN label, PFS, or FBG. Note: <i>The manufacturer's serving weight is not the same as the MMA contribution because processed foods contain non-MMA ingredients.</i> 	<ul style="list-style-type: none"> Credit based on volume (cups) using the yields in the FBG. Credit raw leafy greens as <i>half</i> the volume served. 	<ul style="list-style-type: none"> Credit based on volume (cups) using the yields in the FBG. Credit dried fruit credits as <i>twice</i> the volume served. 	<ul style="list-style-type: none"> Method 1: Use the weight (groups A-G) or volume (groups H-I) in the USDA's Exhibit A chart (refer to Grain Ounce Equivalents for the CACFP). Method 2: Determine the weight (grams) of the creditable grains per servings. Refer to Calculation Methods for Grains Ounce Equivalents for the CACFP. <ul style="list-style-type: none"> Groups A-F: 1 oz eq = 16 grams of creditable grains Groups H: 1 oz eq = 28 grams of creditable grains
Documentation for unprocessed products	Not applicable	Use FBG to determine and document food yields and crediting information.			
Documentation for processed products	Not applicable, except for milk in smoothies.	Must have CN label or PFS. CSDE webpage: Crediting Commercial Processed Products in CACFP Adult Day Care Centers			
Documentation for foods made from scratch	Not applicable, except for milk in smoothies.	Must have recipe (preferably standardized). CSDE webpage: Crediting Foods Prepared on Site in CACFP in CACFP Adult Day Care Centers			

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How to Credit the Meal Pattern Components

Charts 2 through 6 summarize the specific crediting considerations for each of the five components and include links to resources and websites with additional information.

- [Chart 2](#). Milk Component
- [Chart 3](#). Meat/Meat Alternates Component
- [Chart 4](#). Vegetables Component
- [Chart 5](#). Fruits Component
- [Chart 6](#). Grains Component

For detailed guidance on the meal patterns and crediting requirements, refer to the CSDE's guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*, and visit the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

Crediting Resources

Crediting Commercial Processed Products in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#CommercialProducts>

Crediting Foods Prepared on Site in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#PreparedonSite>

Crediting Guidance for the Meal Pattern Components for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CACFPMealPatternComponents>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/GuideCACFPMealPatternsAdults.pdf>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Noncreditable Foods in CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/NoncreditableFoodsAdultsCACFP.pdf>

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Chart 2 – How to Credit the Milk Component

The milk component includes only fluid milk. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA). For information on the meal pattern requirements for the milk component, refer to section 3 of the CSDE's resource, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#).

Food item	Crediting requirements	Crediting resources
Fluid milk	<ul style="list-style-type: none"> Milk must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free. The USDA's CACFP Best Practices recommends serving only unflavored milk. Note: Per the USDA's memo, COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the Child and Adult Care Food Program for School Year 2021-2022, CACFP sponsors must request a waiver from the CSDE to serve flavored low-fat milk from July 1, 2021, through June 30, 2022. For more information, visit the "How To" section of the CSDE's Operating Child Nutrition Programs during COVID-19 Outbreaks webpage. CACFP menus must document the type of milk served. 	<ul style="list-style-type: none"> USDA webpage: Serving Milk in the CACFP
Milk in fruit/vegetable smoothies	<ul style="list-style-type: none"> The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than the full serving of milk, the meal or snack must include additional milk to provide the full 1-cup serving (excluding supper because milk is optional). 	<ul style="list-style-type: none"> CSDE handout: Crediting Smoothies in the CACFP
Yogurt	<ul style="list-style-type: none"> Yogurt that meets the sugar limit (no more than 3.83 grams of sugars per ounce) may be served in place of milk once per day when it is not served as the meat/meat alternates component in the same meal. Six ounces (weight) or ¾ cup (volume) of yogurt credits as 8 fluid ounces of milk. 	<ul style="list-style-type: none"> CSDE handout: Crediting Yogurt in the CACFP

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Chart 2 – How to Credit the Milk Component

Food item	Crediting requirements	Crediting resources
Milk substitutes for participants without a disability	<ul style="list-style-type: none"> The USDA allows two types of milk substitutions: 1) nondairy milk substitutes that meet the USDA’s nutrition standards for fluid milk substitutes; and 2) lactose-free or lactose-reduced milk that meets the required fat content and flavor restrictions (refer to “Fluid milk” above). Juice, water, and other beverages can never substitute for milk in meals or snacks for participants without a disability. 	<ul style="list-style-type: none"> CSDE handout: <i>Allowable Milk Substitutes for Adults without Disabilities in CACFP Adult Day Care Centers</i>

For more resources, visit the CSDE’s webpage, [Milk Component for CACFP Adult Day Care Centers](#).

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Chart 3 – How to Credit the Meat/Meat Alternates Component

The MMA component includes fresh and frozen meats (e.g., lean beef, pork, poultry, fish, and shellfish), processed meats (e.g., chicken nuggets, deli meats, and fish sticks), canned meats (e.g., chicken, tuna, and salmon), and meat alternates such as eggs, cheese, yogurt, nuts and seeds and their butters, beans and peas (legumes), tofu, and tempeh. The USDA's *CACFP Best Practices* recommends limiting processed meats to no more than one serving per week; and serving only lean meats, nuts, and legumes. For information on the meal pattern requirements for the MMA component, refer to section 3 of the CSDE's resource, *Meal Pattern Requirements for CACFP Adult Day Care Centers*.

Note: The manufacturer's serving weight is **not** the same as the MMA contribution because processed foods contain non-MMA ingredients. CACFP adult day care centers must obtain a CN label or PFS for all commercial processed products (refer to "Crediting Documentation" in this document).

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Cheese , e.g., cheddar, mozzarella, provolone, American, and cottage cheese	<ul style="list-style-type: none"> 1 ounce of natural cheese and pasteurized process cheese, e.g., American ¼ cup of cottage or ricotta cheese 2 ounces of cheese substitute, cheese food substitute, and cheese spread substitute 	<ul style="list-style-type: none"> Cream cheese does not credit. To credit foods that contain cheese (such as macaroni and cheese) requires a CN label or PFS for commercial products, and a recipe for foods made from scratch.
Commercial combination foods , e.g., pizza and chicken nuggets	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the amount of meat or meat alternate per serving. 	<ul style="list-style-type: none"> CSDE handout: <i>Crediting Commercial Meat/Meat Alternate Products in the CACFP</i> CSDE webpage: <i>Crediting Commercial Processed Products in CACFP Adult Day Care Centers</i>
Commercial meat, poultry, or fish products with added ingredients , e.g., hotdogs, deli meats, and sausages	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the amount of meat or meat alternate per serving. 	<ul style="list-style-type: none"> Regular bacon does not credit. Some brands of turkey bacon might credit with a PFS. CSDE handout: <i>Crediting Commercial Meat/Meat Alternate Products in the CACFP</i> CSDE webpage: <i>Crediting Commercial Processed Products in CACFP Adult Day Care Centers</i>

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Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Commercial products made with alternate protein products (APPs) , e.g., veggie burgers, meatless chicken nuggets, and soy hotdogs	<ul style="list-style-type: none"> Varies by product: Must have a CN label, PFS, or a signed letter from a company official attesting that the product meets the USDA's APP requirements. 	<ul style="list-style-type: none"> CSDE handout: Requirements for Alternate Protein Products in the CACFP
Cooked lean meat, poultry, or fish , i.e., without bone, skin, or added ingredients	<ul style="list-style-type: none"> 1 ounce: Refer to the FBG for cooked yields of meat, poultry, and fish. 	
Deli meats , e.g., turkey, ham, roast beef, salami, and bologna	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the amount of meat per serving. Many deli meats require several ounces to credit as 1 ounce of MMA. 	<ul style="list-style-type: none"> CSDE handout: Crediting Deli Meats in the CACFP
Dried meat, poultry, and seafood products , e.g., jerky and summer sausage	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the amount of meat per serving. 	<ul style="list-style-type: none"> Must evaluate the product's PFS to ensure it meets the following USDA crediting principles: 1) the creditable meat ingredient must match, or have a similar description to, the ingredient listed on the product's label; 2) the creditable meat ingredient must have a similar description to a food item in the FBG; and 3) the creditable amount cannot exceed the finished weight of the product. For example, a 1-ounce serving of beef jerky cannot credit for more than 1 ounce of the MMA component. Ground pork and beef ingredients must include the percent fat because the fat content has a direct correlation to the cooking yield. To credit in Child Nutrition Programs, the fat content of ground beef or ground pork in dried meat products cannot exceed 30 percent.

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Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Eggs	<ul style="list-style-type: none"> • ½ large 	<ul style="list-style-type: none"> • Only whole eggs credit. Liquid egg substitutes are not whole eggs and do not credit. Egg whites served alone do not credit. • To credit foods that contain eggs (such as quiche or frittatas) requires a CN label or PFS for commercial products, and a recipe for foods made from scratch.
Foods made from scratch , e.g., pizza and macaroni and cheese	<ul style="list-style-type: none"> • Varies by food: Must have a recipe (preferably standardized) to document the amount of meat or meat alternate per serving. 	<ul style="list-style-type: none"> • CSDE webpage: Crediting Foods Prepared on Site in CACFP Adult Day Care Centers
Legumes (cooked beans and peas) , e.g., kidney beans, black beans, and chickpeas	<ul style="list-style-type: none"> • ¼ cup of cooked legumes. • 1 ounce of roasted legumes, e.g., roasted chickpeas and roasted soybeans (soy nuts). • ¼ cup of cooked 100 percent legume flour pasta, e.g., red lentil flour pasta and chickpea flour pasta. 	<ul style="list-style-type: none"> • The liquid served with legumes does not credit, such as the sauce in baked beans. • Legumes may credit as either MMA or vegetables, but not both in the same meal. Refer to chart 4 for information on crediting legumes as vegetables. • CSDE handout: Crediting Legumes in the CACFP
100 percent legume flour pasta products , e.g., chickpea flour pasta and lentil flour pasta	<ul style="list-style-type: none"> • ¼ cup of cooked legume flour pasta. 	<ul style="list-style-type: none"> • CACFP menus must offer the legume flour pasta with an additional MMA, such as tofu, cheese, or meat. • Pasta made of 100 percent legumes may credit as either MMA or vegetables, but not both in the same meal. Refer to chart 4 for information on crediting legumes as vegetables.
Nut/seed butters , e.g., peanut butter, almond butter, sunflower seed butter, and soy nut butter	<ul style="list-style-type: none"> • 2 tablespoons • Note: Use <i>tablespoons</i>, not weight. Measuring 1 ounce by weight does <i>not</i> provide 1 ounce of MMA. The FBG indicates that 1.1 ounces of nut/seed butter credits as 1 ounce of MMA. 	<ul style="list-style-type: none"> • Consider the appropriateness of the serving size. It may be unreasonable to provide the full serving of a nut or seed butter in one menu item, such as a peanut butter sandwich. • CSDE handout: Crediting Nuts and Seeds in the CACFP

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Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Nuts/seeds , e.g., almonds, peanuts, and sunflower seeds	<ul style="list-style-type: none"> 1 ounce 	<ul style="list-style-type: none"> Lunch/supper: Nuts and seeds cannot credit for more than half of the MMA requirement. CSDE handout: Crediting Nuts and Seeds in the CACFP
Surimi	<ul style="list-style-type: none"> 3 ounces 	<ul style="list-style-type: none"> Must have a PFS to credit a surimi product differently.
Tempeh	<ul style="list-style-type: none"> 1 ounce 	<ul style="list-style-type: none"> Must have a PFS if the product's ingredients contain anything other than soybeans (or other legumes), water, tempeh culture, vinegar, seasonings, and herbs.
Tofu (commercial)	<ul style="list-style-type: none"> 1 ounce 	<ul style="list-style-type: none"> Three crediting criteria: 1) must be commercially prepared; 2) must be easily recognized as meat substitutes, such as tofu burgers and tofu sausages; and 3) must contain 5 grams of protein in 2.2 ounces. CSDE handout: Crediting Tofu and Tofu Products in the CACFP
Yogurt or soy yogurt	<ul style="list-style-type: none"> ½ cup or 4 ounces weight 	<ul style="list-style-type: none"> Cannot exceed 3.83 grams of sugars per ounce. Commercial yogurt products do not credit, e.g., drinkable or squeezable yogurt, frozen yogurt, homemade yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products. CSDE handout: Crediting Yogurt in the CACFP

For more resources, visit the CSDE's webpage, [Meat/Meat Alternates Component for CACFP Adult Day Care Centers](#).

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Chart 4 – How to Credit the Vegetables Component

The vegetables component includes fresh vegetables, frozen vegetables, canned vegetables, rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. The USDA's [CACFP Best Practices](#) recommends providing at least one serving per week of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables. For more information, refer to the CSDE's resource, [Vegetable Subgroups in the CACFP](#). For information on the meal pattern requirements for the vegetables component, refer to section 3 of the CSDE's resource, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#).

Food item	Credit based on	Additional crediting requirements and resources
Canned vegetables , e.g., corn, peas, and kidney beans	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Must be drained (serving cannot include packing liquid). Refer to the FBG for yields.
Commercial vegetable soups , e.g., vegetable soups (such as minestrone and tomato) and legume soups (such as split pea, lentil, and black bean)	<ul style="list-style-type: none"> Yields in FBG: <ul style="list-style-type: none"> Vegetable soup: 1 cup = $\frac{1}{4}$ cup of the vegetables component. Legume soup: 1 cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Only certain types of vegetable soups credit. Refer to the FBG. Cream vegetable soups (such as cream of broccoli and cream of mushroom) do not credit. Must have a PFS to credit a commercial soup differently. CSDE handout: Crediting Soup in the CACFP
Dried vegetables , e.g., potato flakes and dried soup mix	<ul style="list-style-type: none"> Varies by product: Must have a PFS to document the rehydrated volume of vegetables per serving. 	<ul style="list-style-type: none"> Credits based on the rehydrated volume (cups). Dehydrated vegetables used for seasoning (such as dried parsley and onion flakes) do not credit.
Fresh vegetables , e.g., broccoli, carrots, and spinach	<ul style="list-style-type: none"> Served volume, except raw leafy greens such as lettuce, kale, and spinach. Raw leafy greens: Half the volume served, e.g., $\frac{1}{2}$ cup = $\frac{1}{4}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Refer to the FBG for yields.
Frozen vegetables , e.g., corn, peas, and green beans	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Refer to the FBG for yields.

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Chart 4 – How to Credit the Vegetables Component, *continued*

Food item	Credit based on	Additional crediting requirements and resources
Pureed vegetables , e.g., sweet potatoes, tomato sauce, and butternut squash	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. Must be recognizable. 	<ul style="list-style-type: none"> Pureed vegetables do not credit as the vegetables component when they are not recognizable, e.g., pureed carrots in macaroni and cheese. Pureed vegetables in smoothies credit only as juice. CSDE handout: Crediting Smoothies in the CACFP
Legumes (cooked beans and peas) , e.g., kidney beans, black beans, and chickpeas	<ul style="list-style-type: none"> Served volume: Includes cooked legumes, roasted legumes (e.g., roasted chickpeas and soy nuts), and pasta made of 100 percent legume flour pasta (e.g., red lentil flour pasta and chickpea flour pasta). 	<ul style="list-style-type: none"> Refer to the FBG for yields. The liquid served with legumes does not credit, such as the sauce in baked beans. Legumes may credit as either vegetables or MMA, but not both in the same meal. Refer to chart 3 for information on crediting legumes as MMA. CSDE handout: Crediting Legumes in the CACFP
Mixed vegetables , e.g., peas and carrots	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Refer to the FBG for yields. Credit as one serving of the vegetables component unless 1) the menu planner knows the amount of each type of vegetable in the mixture; and 2) the mixture contains at least $\frac{1}{8}$ cup each of two different kinds of vegetables.
Mixtures of vegetables and fruits , e.g., carrot-raisin salad	<ul style="list-style-type: none"> May credit toward <i>both</i> the vegetables component and fruits component if the serving contains at least $\frac{1}{8}$ cup of recognizable vegetables and at least $\frac{1}{8}$ cup of recognizable fruits. 	<ul style="list-style-type: none"> Refer to the FBG for yields.
Pasta products made of 100 percent vegetable flours , e.g., chickpea flour pasta, lentil flour pasta.	<ul style="list-style-type: none"> Served volume: $\frac{1}{2}$ cup of pasta made of 100 percent vegetable flour credits as $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Pasta products made of vegetable flour with other non-vegetable ingredients require a PFS detailing the volume of vegetable flour per serving.

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Chart 4 – How to Credit the Vegetables Component, *continued*

Food item	Credit based on	Additional crediting requirements and resources
Vegetable juice, pasteurized full-strength , e.g., tomato juice and mixed vegetable juice	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Juice limit: Juice credits as either the vegetables component or fruits component at only one meal or snack per day. The juice limit includes all sources of juice, e.g., 100 percent juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. CSDE handout: <i>Crediting Juice in the CACFP</i>

For more resources, visit the CSDE's webpage, [Vegetables Component for CACFP Adult Day Care Centers](#).

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Chart 5 – How to Credit the Fruits Component

The fruits component includes fresh fruit; frozen fruit; dried fruit; canned fruit in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juice. The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, canned, dried, and frozen) more often than juice; and making at least one of the two required snack components a vegetable or fruit. For information on the meal pattern requirements for the fruits component, refer to section 3 of the CSDE's resource, *Meal Pattern Requirements for CACFP Adult Day Care Centers*.

Food item	Credits based on	Additional crediting requirements and resources
Canned fruits in juice, water, or syrup , e.g., canned peaches and pineapple tidbits	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the fruits component. 	<ul style="list-style-type: none"> If the menu planner credits the juice from canned fruit toward the fruits component, it also counts toward the juice limit. Refer to the FBG for yields. CSDE handout: <i>Crediting Juice in the CACFP</i>
Dried fruits , e.g., raisins, apricots, and cherries	<ul style="list-style-type: none"> Twice the volume served, e.g., $\frac{1}{2}$ cup = $\frac{1}{4}$ cup of the fruits component. 	<ul style="list-style-type: none"> Dried coconut, banana chips, and fruit snacks (e.g., fruit roll-ups and yogurt-covered fruit snacks) do not credit.
Fresh fruits , e.g., apples, bananas, and pears	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Refer to the FBG for yields. Depending on the size, one piece of fresh fruit might not provide the full serving of the fruits component. For example, one clementine credits as $\frac{3}{8}$ cup of the fruits component, which does not provide the required $\frac{1}{2}$-cup serving for breakfast, lunch, supper, and snack.
Frozen fruits , e.g., frozen berries and melon	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Refer to the FBG for yields.

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Chart 5 – How to Credit the Fruits Component, *continued*

Food item	Credits based on	Additional crediting requirements and resources
Fruit juice, pasteurized full-strength , e.g., apple juice, orange juice, and grape juice	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Juice limit: Juice credits as either the fruits component or vegetables component at only one meal or snack per day. The juice limit includes all sources of juice, e.g., 100 percent juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. Juice blends: Fruit and vegetable juice blends credit based on the first ingredient. If the first ingredient is a fruit juice or fruit puree, it credits as the fruits component. If the first ingredient is a vegetable juice or vegetable puree, it credits as the vegetables component. CSDE handout: Crediting Juice in the CACFP
Pureed fruits , e.g., applesauce	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. Must be recognizable. 	<ul style="list-style-type: none"> Pureed fruits do not credit as the fruits component when they are not recognizable, e.g., using applesauce or prune puree to replace the oil in muffins. Pureed fruits and vegetables in smoothies credit only as juice. CSDE handout: Crediting Smoothies in the CACFP

For more resources, visit the CSDE's webpage, [Fruits Component for CACFP Adult Day Care Centers](#).

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Chart 6 – How to Credit the Grains Component

The grains component includes breads and bread products (e.g., biscuits, bagels, rolls, tortillas, and muffins), snack products (e.g., crackers, animal crackers, graham crackers, hard pretzels, tortilla chips, and popcorn); cereal grains (e.g., buckwheat, brown rice, bulgur, and quinoa); ready-to-eat (RTE) breakfast cereals; cooked breakfast cereals (e.g., oatmeal); bread products used as an ingredient in another menu item such as combination foods (e.g., breading on fish or poultry and pizza crust in pizza); and pasta. Grain-based desserts (such as cookies, brownies, cakes, and granola bars) do not credit. For information on the meal pattern requirements for the grains component, refer to section 3 of the CSDE's resource, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#).

Commercial grain products and CACFP recipes must meet the crediting, whole grain-rich (WGR), and oz eq requirements.

1. **Crediting:** Check that all grain menu items meet the crediting criteria. To credit as the grains component, recipes and commercial grain products must contain creditable grains (whole grains, enriched grains, bran, and germ). For information on identifying creditable grain foods, refer to the CSDE's resource, [How to Identify Creditable Grains in the CACFP](#).
2. **WGR:** At least one serving per day must be WGR. Identify commercial grain products and CACFP recipes that meet the WGR criteria. For information on identifying WGR foods, refer to the CSDE's resource, [Meeting the Whole Grain-rich Requirement for the CACFP](#).
3. **Oz eq:** The required servings for the grains component are in oz eq effective October 1, 2021. Determine the oz eq contribution of creditable commercial grain products and CACFP recipes using one of the two allowable methods: 1) the required weight (groups A-G) or volume (groups H-I) in the USDA's Exhibit A chart. For more information on both methods, refer to the CSDE's [Grain Ounce Equivalents for the CACFP](#); or 2) the creditable grains per serving (refer to [Calculation Methods for Grains Ounce Equivalents for the CACFP](#)).

Note: Per the USDA's memo, [COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the Child and Adult Care Food Program for School Year 2021-2022](#), CACFP sponsors that cannot meet the WGR requirement from July 1, 2021, through June 30, 2022, and/or cannot meet the ounce equivalents requirement by October 1, 2021, must request a waiver from the CSDE. For more information, visit the "[How To](#)" section of the CSDE's Operating Child Nutrition Programs during COVID-19 Outbreaks webpage.

Crediting Summary Charts for the CACFP Adult Meal Patterns

Chart 6 – How to Credit the Grains Component, *continued*

Food item	Crediting requirements	WGR requirements	1 oz eq =
Breakfast cereals, RTE (group I)	<ul style="list-style-type: none"> • Crediting criteria: 1) The first ingredient must be a creditable grain or the cereal must be fortified; and 2) the cereal cannot exceed 6 grams of sugars per dry ounce. • CSDE handout: <i>Crediting Breakfast Cereals in the CACFP</i> 	<ul style="list-style-type: none"> • WGR criteria: 1) The first ingredient must be a whole grain; 2) the next two grain ingredients (if any) must be creditable grains; and 3) the cereal cannot exceed 6 grams of sugars per dry ounce. • CSDE handout: <i>Crediting Breakfast Cereals in the CACFP</i> 	<ul style="list-style-type: none"> • ½ cup cooked or 1 ounce (28 grams) dry
Commercial grain products , e.g., breads and bread products (groups A-G)	<ul style="list-style-type: none"> • Two crediting criteria: 1) The first ingredient must be a creditable grain or the cereal must be fortified; and 2) the cereal cannot exceed 6 grams of sugars per dry ounce. • CSDE handout: <i>Crediting Breakfast Cereals in the CACFP</i> 	<ul style="list-style-type: none"> • WGR criteria: 1) The first ingredient must be a whole grain; 2) the cereal must be fortified; and 3) the cereal cannot exceed 6 grams of sugars per dry ounce. • CSDE handout: <i>Crediting Breakfast Cereals in the CACFP</i> 	<ul style="list-style-type: none"> • 1 cup of flaked or round cereal • 1¼ cups of puffed cereal • ¼ cup of granola

Crediting Summary Charts for the CACFP Adult Meal Patterns

Chart 6 – How to Credit the Grains Component, *continued*

Food item	Crediting requirements	WGR requirements	1 oz eq =
Commercial grain products , e.g., breads and bread products (groups A-G)	<ul style="list-style-type: none"> The first ingredient (excluding water) is a creditable grain. CSDE handout: How to Identify Creditable Grains for the CACFP 	<ul style="list-style-type: none"> WGR criteria: 1) At least half of the grains in the product must be whole grains; and 2) any other grain ingredients must be enriched, bran, or germ. Six methods to identify WGR products: 1) Rule of Three; 2) WIC whole-grain foods list; 3) Documentation; 4) National School Lunch Program (NSLP) WGR criteria; 5) Food and Drug Administration (FDA) whole grain health claim; and 6) FDA Standard of Identity (only for certain types of whole-grain products). CSDE guide: Meeting the Whole Grain-rich Requirement for the CACFP 	<ul style="list-style-type: none"> Varies by product: Use method 1 (USDA's Exhibit A chart). <ol style="list-style-type: none"> Identify the <i>manufacturer's serving weight</i> from the Nutrition Facts label or PFS. Determine the <i>required weight for the food's grain group</i> (A-G) using the CSDE's Grain Ounce Equivalents for the CACFP. Divide the <i>manufacturer's serving weight</i> by the <i>required weight for the food's grain group</i>. Round down to the nearest 1/4 ounce equivalent. Use method 2 (creditable grains per serving) and obtain a PFS if any of the following apply: 1) the serving weight is not known; 2) a creditable grain is not the first ingredient, but the product contains more than one creditable grain; 3) a combination food that contains a grain portion is not CN labeled; 4) the manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the amount in the USDA's Exhibit A chart; 5) the product is not listed the USDA's Exhibit A chart; and 6) for WGR foods only, the first ingredient is a flour blend of whole and enriched flour. Refer to the CSDE's Calculation Methods for Grains Ounce Equivalents for the CACFP.

Crediting Summary Charts for the CACFP Adult Meal Patterns

Chart 6 – How to Credit the Grains Component, *continued*

Food item	Crediting requirements	WGR requirements	1 oz eq =
Commercial combination foods, e.g., pizza, breaded chicken nuggets, macaroni and cheese (grain portion from groups A-H)	<ul style="list-style-type: none"> • Ingredients listed together: First <i>grain</i> ingredient must be a creditable grain • Grain portion listed separately: <i>First ingredient</i> in the grain portion must be a creditable grain. • CSDE handout: How to Identify Creditable Grains for the CACFP 	<ul style="list-style-type: none"> • WGR criteria: 1) At least half of the grains in the <i>grain portion</i> of the product must be whole grains; and 2) any other grain ingredients in the <i>grain portion</i> must be enriched, bran, or germ. • Six methods to identify if grain portion is WGR: 1) Rule of Three; 2) WIC whole-grain foods list; 3) Documentation; 4) National School Lunch Program (NSLP) WGR criteria; 5) Food and Drug Administration (FDA) whole grain health claim; and 6) FDA Standard of Identity (only for certain types of whole-grain products)). • CSDE guide: Meeting the Whole Grain-rich Requirement for the CACFP 	<ul style="list-style-type: none"> • Varies by product: Must have a CN label or PFS to document the creditable grains per serving.

Crediting Summary Charts for the CACFP Adult Meal Patterns

Chart 6 – How to Credit the Grains Component, *continued*

Food item	Crediting requirements	WGR requirements	1 oz eq =
Grain foods made from scratch, e.g., breads and bread products (groups A-G)	<ul style="list-style-type: none"> Recipes must be made with creditable grains. CSDE handout: How to Identify Creditable Grains for the CACFP 	<ul style="list-style-type: none"> WGR criterion: The amount of whole grains is equal to or more than the total amount of enriched grains, bran, and germ. Method to identify WGR recipes: Compare the amount of the whole grain ingredients to the total amount of enriched grains, bran, and germ. CSDE guide: Meeting the Whole Grain-rich Requirement for the CACFP CSDE handout: Calculation Methods for Grains Ounce Equivalents for the CACFP USDA handout: Is My Recipe Whole Grain-Rich in the CACFP? 	<ul style="list-style-type: none"> Varies by recipe. Refer to the CSDE's Calculation Methods for Grains Ounce Equivalents for the CACFP. If the serving weight is known: Use method 1 (USDA's Exhibit A chart). <ol style="list-style-type: none"> Determine the <i>required weight for the applicable grain group (A-G)</i> using Grain Ounce Equivalents for the CACFP. Divide the <i>recipe's serving weight</i> by the <i>required weight for the applicable grain group</i>. Round down to the nearest ¼ ounce equivalent. If the serving weight is not known: Use method 2 (creditable grains per serving). Refer to the CSDE's Calculation Methods for Grains Ounce Equivalents for the CACFP. <ol style="list-style-type: none"> Determine the <i>total weight (grams)</i> of all creditable grains in the recipe. Divide the <i>grams of creditable grains</i> in the recipe by the <i>number of servings</i> in the recipe to get <i>creditable grains per serving</i>. Divide <i>creditable grains per serving</i> by 16 to get ounce equivalents (1 ounce equivalent = 16 grams of creditable grains) Round down to the nearest ¼ ounce equivalent. Note: If the recipe does not include the serving weight, the CACFP facility could conduct a yield study to weigh several cooked portions and determine the average weight per serving. For guidance on yield studies, refer to the CSDE's Yield Study Data Form.

Crediting Summary Charts for the CACFP Adult Meal Patterns

Chart 6 – How to Credit the Grains Component, *continued*

Food item	Crediting requirements	WGR requirements	1 oz eq =
Combination foods made from scratch , e.g., pizza and macaroni and cheese (grain portion from groups A-H)	<ul style="list-style-type: none"> The <i>grain portion</i> of the recipe must be made with creditable grains. CSDE handout: How to Identify Creditable Grains for the CACFP 	<ul style="list-style-type: none"> WGR criterion: The amount of whole grains in the <i>grain portion</i> is equal to or more than the total amount of enriched grains, bran, and germ. Method to identify WGR recipes: Compare the amount of the whole grain ingredients to the total amount of enriched grains, bran, and germ. Refer to the CSDE's guide, Meeting the Whole Grain-rich Requirement for the CACFP. USDA handout: Is My Recipe Whole Grain-Rich in the CACFP? 	<ul style="list-style-type: none"> Varies by recipe. Refer to the CSDE's Calculation Methods for Grains Ounce Equivalents for the CACFP. If the weight (groups A-G) or volume (group H) of the grain portion is known: Use method 1 (USDA's Exhibit A chart). <ol style="list-style-type: none"> Determine the required <i>weight (groups A-E) or volume (group H)</i> for the product's grain portion using the CSDE's Grain Ounce Equivalents for the CACFP. Divide the <i>serving weight or volume</i> of the grain portion by the <i>required weight or volume</i> for the grain portion in Exhibit A. Round down to the nearest ¼ ounce equivalent. If the weight (groups A-G) or volume (group H) of the grain portion is not known: Obtain a PFS and use method 2 (creditable grains per serving). Refer to the CSDE's Calculation Methods for Grains Ounce Equivalents for the CACFP.

For more resources, visit the CSDE's webpage, [Grains Component for CACFP Adult Day Care Centers](#).

Crediting Summary Charts for the CACFP Adult Meal Patterns



For more information, visit the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP_Adults.pdf.

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